

Cauliflower

Cauliflower, like broccoli, can be eaten raw, steamed, baked, grilled, or in casseroles and soups. Multiple styles and colors are available in European and other countries. In addition to the basic white, they are available in orange, green, and purple. If eaten together, they would make a colorful salad without the addition of other vegetables.

When cooked, some of the varieties of colored cauliflower change colors yet again. There are many health benefits, such as high vitamin C, and cancer protection, from eating cauliflower. To keep these benefits, the rawer eaten, the better. However, like broccoli, raw cauliflower can cause stomach upset and other problems.

For growing purposes, most varieties need to grow in an extended, cool, frost free region. Many pests will eat the roots, leaves, and the edible portion of the plant. Home grown cauliflower would be pesticide free, if not pest free.

It is vital to wash the cauliflower well, even if home grown, due to pests, and other people's pesticide use, especially in regions where pesticides are purposely spread by plane.